



The Well ————— *Street Journal*

Volume 5, Issue 3

U.S. NAVAL HOSPITAL – ROTA, SPAIN

Summer 2001

CAPTAIN'S CORNER

Greetings, Rota!

I hope all of you are having a wonderful summer. We have said “farewell” to numerous departing shipmates and have welcomed many new folks to our community. I hope all of you who are new are learning about the great programs and activities we sponsor and support through our Health Promotion Department. I’m especially proud of our Health Promotion Department as they were the leading force behind Rota recently winning Navy Medicine’s GOLD STAR Award for Excellence in Health Promotion and Wellness. We were one of only 20 Navy and Marine Corps commands worldwide that earned the distinction of being a “model program” for wellness and prevention. One of the keys to this success is community-wide support and teamwork.



To continue to provide the Health Promotion programs and activities that best meet your wants and needs, we’re conducting a basewide survey of all eligible beneficiaries. We want to know what programs are important to you and what you would like to see developed or continued in the future. To let us know how we can best serve you, click on our Hospital Home page at <http://rota-www.med.navy.mil/>, and click on the “Health Community Survey” under the O.L.E. Bull Logo. After the results are analyzed, we’ll make them available to you. We consider ourselves very fortunate to live and work in a community like Rota that openly embraces and supports our efforts to make the Team Rota community a “Healthy Community.” Thank you again, Rota!

We were recently selected by BUMED to be one of the first commands to implement the newly revised “BUMED-directed Weight Management program” entitled *ShipShape*. This program is designed to help those active duty members who have either exceeded or are in danger of exceeding the body composition (body fat) standards. This program provides basic information regarding nutrition, stress management, exercise and behavior modification techniques to lower

– continued on page 2 –

HEALTHY COMMUNITY SURVEY

The Healthy Community Strategic Action Group at the Naval Hospital is conducting a Needs/Wants Analysis Survey to determine what ways we can plan for an ideal Health Promotion Program for the future. The survey only takes a few minutes to take and is so easy! It is available electronically on the Hospital Web Site: <http://rota-www.med.navy.mil/>.

The survey is for active duty, civilians and family members. This is your chance to give us your opinions that will shape future programs!

Just go to <http://rota-www.med.navy.mil/>, and click on the right side under the Health Promotion Logo where it reads, “Healthy Community Survey.” It is a very user-friendly survey with drop down responses and a place for you to describe your “Ideal Health Promotion Activity.”

Please take a few minutes to fill out the survey and tell us what you are thinking. Your thoughts are important to us!

The ShipShape Program

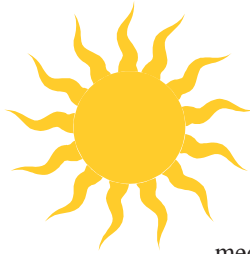
ShipShape is the new Bureau of Medicine and Surgery (BUMED)-approved weight management program that is being coordinated through the Health Promotion Department at the Naval Hospital. It was developed and made available to local Medical Treatment Facilities (MTF) to increase accessibility of a weight management program for Active Duty Sailors and Marines needing assistance in maintaining Physical Readiness Standards. ShipShape is designed to provide Active-Duty personnel with basic information regarding nutrition, stress management, exercise and behavior modification techniques to lower and maintain an acceptable body weight and body fat percentage that is within Navy Standards. The classes are interactive with an individual focus and self-study. Current topics such as fad diets and supplements, galley and fast food dining, and healthy lifestyle choices are included in the program. Naval Hospital Rota is one of the first MTFs to offer ShipShape. The first class finished in July, and our second class will begin in the fall. Attendance is open to all Active-Duty Personnel, especially anyone who exceeds or is in danger of exceeding body composition assessment standards and desires support beyond their Command Fitness Enhancement Program. If you are interested in participating in the ShipShape program, you should obtain a recommendation and referral from your CO or OIC through your Command Fitness Leader. If you would like more information about ShipShape, call Betty Murphy at ext. 3350, or check out the Weight Management link on the Health Promotion web site at <http://rota-www.med.navy.mil/healthpromotion/>.



Heat Exhaustion or Heat Stroke?

By LT Dave Owen, NC/ USN

Summer is upon us, and in the south of Spain, that surely means lots of fun, sunshine and high temperatures. Heat exhaustion and heat stroke are two things we need to be watching for as we participate in fun outdoor activities. Heat exhaustion is a problem caused by being in a warm and often humid climate, usually without drinking enough water or other fluids. Signs and symptoms that may be present in a person suffering from this medical condition include weakness, headache, dizziness, confusion, nausea and sometimes vomiting. Most individuals suffering from heat will have sweaty skin and have a slightly elevated temperature. Basically, what is happening is that the person is ill from the heat and lack of fluid, but the body is still trying to lower its temperature by sweating, and the person is aware of the need to cool off. Heat exhaustion can be treated successfully by moving into a cool environment and drinking a lot of water.



If a person with heat exhaustion doesn't do this, the condition can become heat stroke. This is an emergency that requires immediate medical care. Heat stroke occurs when the body loses its battle with heat exhaustion. Sweating stops and body temperature rises rapidly. Heat stroke victims may no longer complain of thirst and may be confused and delirious. Usually, body temperatures will be seen around 105° F (40.5C) rectally. If anyone is suffering from heat stroke, they need immediate medical help.

So this summer, have fun, play hard, but keep cool and drink lots of water. Avoid putting yourself in a situation where you could develop heat exhaustion or heat stroke.

More tips and treatments for just about all your common medical concerns can be found in the *Taking Care of Yourself* and *Taking Care of Your Child* self-care books. They're free to Naval Station Rota families and can be picked up at the Family Practice clinic at the Naval Hospital. Stop by and get your copy!

Tongue Piercing Facts

By LT B. Keith Blankenship, DDS, General Dentist

Decorative studs in the tongue, or tongue piercing, is a growing fashion trend. However, tongue piercing has been implicated in a number of adverse oral and systemic conditions. Although oral piercings are not to be worn by military personnel, knowledge of the adverse effects is useful for everyone.

Tongue piercing is performed using a needle and no anesthesia. A barbell is placed through this hole with a metal stud on either end. The tongue swells initially and swelling may last for weeks to months. This swelling may even lead to airway blockage. Healing is often slow, taking four to six weeks in the absence of complications. Common symptoms following piercing include pain, swelling, infection and increased salivary flow.

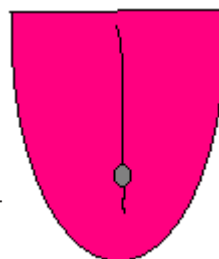
If a pure metal is not used, an allergic reaction may occur. Blood poisoning and blood clots are other concerns. Digital ma-

nipulation of the piercing can increase the potential for infection.

Piercing studios are not required to carry a license and are not regulated by law in most states. Also, many places do not always maintain a sterile environment.

Dental concerns are damage to adjacent teeth and gum tissue, increased salivary flow and interference with speech, chewing, or swallowing. Teeth often become cracked or chipped from the barbell moving between the teeth and around the mouth. Damage can also result in trauma or death to the tooth's pulp requiring a root canal to save the tooth. Chipped teeth can require expensive treatment such as fillings and crowns.

The National Institutes of Health has iden-



Greetings, Rota...

— continued from page 1 —

and then maintain their body weight and body fat percentage within Navy standards. Personnel interested in participating in this program should obtain a recommendation and referral from their CO via their respective Command Fitness Leader. We're "Standing By," ready to assist you in meeting your personal goals for positive, healthy lifestyle choices and improved fitness.

As we look ahead to the fall season, there are many opportunities to learn more about improving and maintaining healthy lifestyle choices. In September, we'll be promoting the national "5-a-Day" nutrition campaign that stresses the importance of eating five or more servings of fruits and vegetables every day with our own "5-a-Day the Navy Way" campaign. Watch for announcements in the base paper and on the radio, as well as ads on the blue screen. Then in October, we'll be emphasizing women's health as we observe National Breast Cancer Awareness Month. I urge you to come by the Health Education Center in the hospital and take advantage of the numerous resources on Women's Health issues. There are pamphlets and magazines as well as videos and books that can be checked out. For details on these as well as our other programs and activities, I encourage all of you to contact the Health Promotion Department at ext. 3350, or better yet, drop in for a visit and take a look at the available resources.

Until next time, keep taking those positive steps toward a healthier lifestyle!

The Skipper

tified oral piercings in transmission of bloodborne pathogens such as hepatitis (Hepatitis B, C, D and G) and the HIV virus. Other types of piercings have also been associated with disease transmission. Ear piercing has been associated with transference of hepatitis B, tetanus and localized tuberculosis. Endocarditis has been linked to both nose and ear piercing.

The American Dental Association as well as the British Dental Association both object to the practice of intraoral tongue piercing.

If you have questions or problems with tongue or lip piercing, be sure to ask your dentist.

FROM THE CHAPS...

Teamwork: A Vital Resource for Achieving Goals



An African bush community of the sub-Saharan region uses a clever method for locating water for their village. During the early development of these tribal societies, they employed their powers of observation by watching the activities of their primate neighbors. While on routine patrols for food, the village hunters noticed that under the repressive heat of the desert sun, the local monkey population seemed to evidence an endless degree of playful energy. They concluded that this kind of "monkey business" was only possible if the primate clan had access to a plentiful source of water.

The technique they chose for this purpose was not only effective, but it was also essential due to the prevailing lack of this precious natural resource in the hot arid areas where they lived. First, the tribesmen would place a piece of the monkey's favorite food, usually an indigenous fruit, in the small opening of a termite mound. The hole was large enough for the creature's hand to squeeze through, but too small for his fist clasp the prize to exit, resulting in the curious primate's capture. The hunters would then free the bewildered animal from one form of bondage only to submit him to

another by tying him to a tree. During the second stage of captivity, the tribesmen would feed them salt pellets, a favorite delicacy of the group. After consuming the salt, the apparent signs of thirst would set in, and the uninjured animal was released and followed at a close yet inconspicuous distance to the hidden source of water.

It is unfortunate that this type of ingenious cooperation between beings of such distinct degrees of intelligence and dignity has given way to a form of worshipping individual achievement. Many people in the present millennium live by the frequently quoted personal commandment that "if you want anything done right the first time, you have to do it yourself." Not only is the notion of involving others in the process of achieving a goal whether on the job or at home an uncommon practice, but in some highly competitive settings, it's also considered taboo to the successfully minded. The words of retired General H. Norman Schwarzkopf fit well here when he said, "You can't help someone get up a hill without getting closer to the top yourself."

Sometimes the greatest challenge for a majority of us is learning the value of and investing the energy required in setting realis-

tic goals in the first place. The difficulty only intensifies when having to deal with the varieties of opinions and interests involved in the group dynamics of teamwork. Any effort toward accomplishing a goal will be a lot easier if the parties involved have a clear sense of what it is they are aiming for. A gentleman named Bob Greene once wrote, "When you don't know what you want, you often end up where you don't want to be." This view holds true both for the individual or a group, and if heeded, countless hours of pointless meetings would surrender to a timely sharing of progress reviews.

The benefits and importance of teamwork far outweigh any potential pitfalls that we encounter when having to depend on others. The writer of Proverbs 11: 14 also shares this perspective. He states, "For lack of guidance a nation falls, but many advisers make victory sure." (NIV) When we share our common hopes, dreams and our inspired thoughts with each other, whether co-worker or spouse, we engage in the creation of an abundance of resources. Just as many hands make light work, so it is when in cooperation with others, regardless of rank or cultural background, we pursue and reach mutually rewarding goals.

By LCDR A.T. Taylor, CHC, USNR

If you would like to have the
Well Street Journal
mailed to you, please call the
Health Promotions Department
at ext. 3350.

This newsletter is published monthly by Rutherford Publishing, Inc., P.O. Box 8853, Waco, Texas 76714, 1-800-815-2323, E-mail: rpublish@rpublish.com. Copyright © 2001 Rutherford Publishing, Inc. All rights reserved. Material may not be reproduced in whole or part in any form without the written permission of the publisher. Subscription price (12 issues), \$25 per year in U.S.

Publisher: Ronnie Marroquin

Managing Editor: Kimberly Denman

Contributing Editor: Elizabeth Browning

Illustrator: Vern Herschberger

National Accounts: Jean Harms

Editorial Advisory Board: Bill Anderson, Ph.D., Stephen Arterburn, M.Ed., Sarilee Ferguson, B.A., Richard Jackson, M.D., F.A.B.F.P.

This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

ISSN 1072-4788